### Dairy
- Whole milk
- 2% milk
- Skim milk
- Buttermilk
- Whole chocolate milk
- Lowfat chocolate milk
- Hot cocoa made with fluid milk
- Cheese (cubes or slices)
- Cottage cheese
- Yogurt

### Protein
(select at least one)
- Refried beans
- Meat (cubes or slices)
- Link sausage
- Meatballs
- Chicken slices
- Scrambled eggs
- Cooked dry beans/peas
- Sunflower butter
- Hard boiled eggs
- Hummus
- Greek yogurt
- Fish
- Quinoa
- Cheese (cubes or slices)
- Cottage cheese

### Grain
(select at least one)
- Rye wafers
- Whole wheat bread/toast
- Bagel
- Bran muffin
- Cereal (enriched)
- Granola
- Soft pretzel
- Rye Krisp
- Oatmeal cookie
- Saltines
- Graham crackers
- English muffins
- Carrot bread
- Bread sticks
- Cornbread
- Raisin bread
- Biscuits
- Whole wheat crackers
- French bread
- Syrian flat bread
- Cinnamon toast
- Whole wheat buns
- Blueberry muffin
- Boston brown bread
- Tortillas (corn or flour)
- Pumpernickel bread
- Spoon bread
- Cinnamon bread
- Waffle square
- Zweiback
- Pilot bread
- Rice
- Bulgur
- Macaroni

### Fruits/Vegetables
(select at least two)
- Juice: apple, orange, tomato, pineapple, grapefruit, prune
- Strawberries
- Bananas
- Pineapple (chunks or slices)
- Peach slices
- Apple slices
- Apple sauce
- Cucumber chunks
- Fresh fruit cup
- Orange slices
- Pear slices
- Mandarin orange slices
- Melon chunks
- Seedless grapes
- Tangerines
- Plums
- Tomatoes
- Vegetable sticks
- Prunes
- Baked apple
- Fruit cocktail
- Raw cauliflower
- Raw cabbage
- Raw broccoli
- Apricots (dried or fresh)
- Cantaloupe
- Grapefruit
- Beans
- Carrot sticks
- Sweet potatoes
- Avocado
- Mango
- Smoothie
- Kale
- Raisins
- Kiwi

### “More-in-One’s”
- Veggie Scrambled Eggs
- Quesadillas
- Sweet Potato Pancakes
- Broccoli Cheddar Bites
- Smoothie
- Banana bread
- Zucchini bread
LUNCH POLICIES

Lunch is an important part of the day for your child.

A balanced lunch needs to contain:

1 protein serving
1 bread serving
2 different servings of fruits & vegetables

The Center will provide 100% apple juice as a drink. This can be counted as 1 serving from the fruit group. Please check prepared food labels for protein content. Please check prepared food labels for protein content. Also, fruit snacks (eg, Fruit Roll-Ups), and candy are “empty” calories and cannot be considered as meeting any of the above food groups. Please make sure your child’s lunch is packed in a lunch box marked with his/her name. Be sure food is kept at the correct temperature.

For Hot Foods: Heat food to a safe temperature, then use a thermos to keep the food hot.
For Cold Foods: Use a cold pack to keep food needing refrigeration at the proper temperature.

Lunch will begin between 11:30 and 11:45AM each day.

NO PEANUT/TREE NUT POLICY

We are seeing an increase in the number of nut allergies among children. These allergies are often life-threatening. Therefore, we have adopted a No Peanut/Tree Nut policy. We view this as “pikuach nefesh”—our responsibility of saving a soul. No Peanuts/Tree nuts means that there are no peanut/tree nut products in any of our children’s lunches; examples of this would be: peanut butter, cashew butter, almond butter.

We realize that this is an inconvenience to those families without nut allergies. However, we have provided a list of food alternatives on the back.

If you have any questions, please consult the Early Childhood director.